



HOME SUPPORT PROGRAM

WELLNESS AND WELLBEING
LIVE YOUR LIFE YOUR WAY



WE
LIFE WITHOUT BARRIERS
WE

Supporting older people



**WELLNESS
AND WELLBEING**
LIVE YOUR LIFE YOUR WAY

Life Without Barriers is able to plan with you ways to assist you to do all the things you still want to do or need to do. We remove the obstacles and burdens of every-day living by providing you with support and care in your home.

LET'S TALK ABOUT HOME SUPPORT

**“ THERE ARE THINGS I
WANT TO DO, BUT... ”**

How often have you started a conversation this way or heard a friend or family member express concern or anxiety about wanting to get things done but no longer have the strength or capacity to do it themselves?

Getting older doesn't mean the many things associated with living slow down, just because we ourselves start moving a little slower.

Lawns still need to be mowed, groceries have to be bought, meals prepared and dishes washed – and the house has never learnt to clean itself even after all these years.

Now that you have more time it would be nice to go to more social outings, visit friends, have a day out but getting out and about might not be as straightforward as it used to be.

Then let us help.

LIFE WITHOUT BARRIERS HOME SUPPORT PROGRAM IS YOUR HOME CARE, YOUR WAY

You tell us what you want, and we will do our best to do it.

We work with you to understand what support you feel you'd like and we then match you with one of many experienced staff, who become your regular support worker.

All of our staff are caring, punctual and professional in everything they do – they are like an extra pair of invisible hands.

As a tailored service, how we might help you will be unique to you, but services we provide for other older people in the community include:

Domestic assistance:

- General cleaning
- Changing bed linen
- Laundry
- Meal preparation

Social support:

- Friendly visits
- Shopping support
- Outings
- Transport to appointments
- Regular phone chats

Home and garden maintenance:

- Lawn mowing
- Whipper snipping
- Pruning and hedging
- Changing light bulbs
- Replacing tap washers
- Some minor household repairs

HOW DO I FIND LIFE WITHOUT BARRIERS?

Life Without Barriers is a registered home and community care provider through the Australian Commonwealth Home Support Program (CHSP).

Your GP or Discharge Planner will be able to help you find us, or you can go online and register for our service at **My Aged Care www.myagedcare.gov.au** or call the free enquiry line 1800 200 422.

You can also call us direct on 1300 883 867 and we will walk you through the My Aged Care system over the phone or at your home – whichever is the easiest for you and your family.

ALREADY RECEIVING AGED CARE SERVICES?

You may already receive support through one of four aged care programs:

- Community and home support
- Care relationships and carer support
- Assistance with care and housing
- Service system development

On 1 July 2015, changes to these different programs commenced, bringing them together under the Commonwealth Home Support Program, in all States and Territories except for Victoria and Western Australia.

We can help explain this change, and the benefits you are now eligible to receive through the Commonwealth Home Support Program.



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WHO WE ARE

We are a community-based organisation and we deliver services in more than 250 communities across Australia.

As well as supporting older people, our services include:

- caring for children, young people and families
- supporting Aboriginal and Torres Strait Islander peoples
- caring for people with mental health and housing needs
- supporting refugees and asylum seekers, and
- people with disability.

We believe in the rights of people and the importance of relationships. These foundations shape our unique approach to our support and underpin the values of Life Without Barriers.

Our clients are from diverse social, lifestyle, and cultural backgrounds.

Our clients are people like you.

OUR PERSON– CENTRED APPROACH

We believe that you should play the biggest role in designing your supports. We put you at the centre of decision-making to achieve the life you dream of.

We carefully match the people we support with staff who are compatible with your lifestyle, and pay attention to factors such as Aboriginal and Torres Strait Islander backgrounds, CALD backgrounds, lesbian, gay, bisexual, transgender or intersex people, veterans and those with financial or social disadvantages.

Every person is unique and we are interested in who you are and what you want. At Life Without Barriers, we offer individualised services that are all about your choice, flexibility and control.

Funded by the Australian Governments Department of Social Services. Visit www.dss.gov.au for information.

Although funding for program has been provided by the Australian Government, the material contained here does not necessarily represent the views or policies of the Australian Government.

WANT TO KNOW MORE?

If you'd like to know more about the support we can offer you, call us on 1300 883 867.

You may also like to hear what other people have to say about the support they receive from Life Without Barriers.

Visit our website at www.lwb.org.au/agedcare to hear from some of the people we are supporting every day to help them in living in their own home.

If you are not eligible for services through My Aged Care, call us, it may be that we can tailor a service that suits your needs at an affordable rate.

T. 1300 883 867

E. agedcaresoutheast@lwb.org.au

W. www.lwb.org.au



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Discover how clients are tailoring the LWB Home Support Program to meet their needs – watch our videos today at www.lwb.org.au/agedcare



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